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## UPCOMING EVENTS

### BLUE HILLS TRAIL RACES

The 4th Annual Blue Hills Trail Races will take place on Sunday, April 26th, beginning at 9 AM near the Trailside Museum on Route 138 in Canton. John Goldrosen is race director. There are two events: the 10-mile "Fox Trot," and the 3-mile "Bunny Hop," both following courses on dirt roads and forest trails in the Blue Hills Reservation.

Registration is now open, at [www.signmeup.com/64056](http://www.signmeup.com/64056). Due to permit restrictions, registration is limited to 250 runners, and there will not be any race-day registration. For more information about the race, go to <http://www.colonialrunners.org/BlueHillsTrailRaces/index.htm>.

John is also seeking volunteers for race day to handle bib number pick-up, serve as course monitors, staff water stops, and help at the finish line with timing and refreshments. In addition to needing volunteers on race day, John also needs volunteers to help mark the course the day before, on Saturday, April 25th. Pink "flagging tape" is placed along the route, and intersections will be marked with limestone dust. It takes a few hours to do that, but the more people we have, the quicker we can get it done, since we can split up into groups to do sections of the trails. All in all, it's a pleasant walk in the woods with company. No experience is needed!

To volunteer for either Saturday or Sunday, contact John at [trailrunning@colonialrunners.org](mailto:trailrunning@colonialrunners.org), or by phone at 781-447-2812.

FYI, all race proceeds (after expenses) are donated to the Trailside Museum.

### CHRISTOPHERS 5 K RUN & WALK FOR DIABETES

Come join us for the Annual edition of Christopher's 5-k Run & Walk For Diabetes, including a kid's fun run. This road race is proudly presented by the [American Diabetes Association](http://www.americandiabetes.org) and the [Colonial Road Runners](http://www.colonialrunners.org). The race takes place on Memorial Day each year at 11:00am (Kids Fun Run @9:45am). The West Bridgewater Senior Center ~ Council On Aging, will host this year's event. Please go to <http://www.colonialrunners.org/ChristophersRun/> for more race specific information, including race amenities, directions and fees. A race registration form is also attached to this newsletter. This year's event is Monday, Memorial Day, May 25, 2009.

Christopher's 5-k Run & Walk For Diabetes is in honor of a young boy who has Type 1 Diabetes. Christopher, who is now 7, was diagnosed with diabetes months after turning 2 years old. Upon diagnosis, his family, and his family's running club, were determined to make a difference. Christopher's father [Frank Nelson](#) and mother Ilda Nelson, started the road race in 2003 and teamed up with [Team Diabetes](#) and the [Colonial Road Runners](#), to help raise money for diabetes and to support the entire mission of the American Diabetes Association: *To prevent and cure diabetes and to improve the lives of all people affected by diabetes.*

To date, this event has raised nearly \$75,000 in our efforts to help all those affected by diabetes. We are hoping for an even greater success this year. Please be a part of this community event and help support a great cause.

**GRAND PRIX SERIES-2009**

This year's Colonial Road Runner Grand Prix Series begins with the Foxboro Old-Fashioned 10 Miler on February 17. Unfortunately, Old Man Winter caused the cancellation of this year's Frostbite 15K which was to be held on January 20. The complete list of the races in this year's Grand Prix series are:

Date	Race	Location
January 18	Frostbite 15K	Race Cancelled for 2009
February 15	Foxboro Old Fashioned 10 Miler	Foxboro
March 15	New Bedford Half-Marathon	New Bedford
April 5*	Officer Giunta 5k	Fall River
May 16*	Strawberry shortcake 10K	Plympton
May 31*	Farther Bullock 5K	Sharon
July 26*	Napper Tandy Mustang Flyer 4 Miles	Norwood
August 15*	Rochester Road Race 5K	Rochester
September 5*	Nantasket Seaside Road Race	Hull
October*	Carol Mulloy Cuttle 5K Aloha Classic	Bridgewater
November 14	Edaville Rail Run 5 Miler	Carver
December 5*	GNRC CYO Ho-Ho-Ho 5K	Norwood

\* These dates have not been confirmed and are subject to change..

**28<sup>th</sup> ANNUAL PADDY KELLY ROAD RACE**

**Jim Pozerski**

On February 8, 2009 Colonial Road Runners presented the 28th Paddy Kelly Road Race, with 308 runners plus 6 additional Marine Recruiters and 42 Marine recruits who marched as a unit, which added to the character to the race. This is the second largest number of runners in the history of the running of the Paddy Kelly. We also had over 55 volunteers! Jim Pozerski's first year directing this race indicated that these are the people who make this race a success. And we had members of the Brockton High Cross Country and Track Teams and their Coach work the water stop. Mix this with almost 50 degree temperatures, we had an outstanding turnout.

**NEW ENGLAND TRAIL RACE SERIES**

**John Goldrosen**

Congratulations to CRR member Dolores McKeough, who finished first in her age group (women 60-69) in the 2008 Eastern New England Trail Race Series!

The 2009 Series is being organized now, and will include both of the CRR-directed trail races; the Blue Hills Trail Races and the Houghton's Pond Trail Race. Information on the Series will be available shortly at [www.easternnewenglandtrailraceseries.org](http://www.easternnewenglandtrailraceseries.org).

**NEW YEAR'S DAY BRRUNCH RUN**

About three dozen Colonials and family members gathered at the Abington Baptist Church on a chilly but sunny New Year's Day morning, for the annual untimed group run along the Winter Fun Run Course. This was the first year we can remember that we had weather to match the title, with temperatures in the teens. After the run, we returned to the Church for socializing and food: bagels, donuts and coffee from Dunkin' Donuts, juice, and home-baked goodies supplied by several club members. Thanks to Beth Sheibley (and her daughter Rebecca), Ellen Curtin, Betsy Knapp, and John Goldrosen for organizing the event, and to Al Donaghy for arranging for our use of the church hall and overseeing the setup of the refreshments.

## COLONIAL ROAD RUNNERS ANNUAL BANQUET

The CRR Annual Banquet and Dance was held on Saturday evening, January 31, 2008 at T.J Smith's Victorian House in East Bridgewater. A number of awards were given out at the banquet.

### 2008 Race Participation Award

Geo Balestino	Ted Coyle	Dan Gorman	Charlie Morgan	Sandra Peters
Rosemary Basson	Ellen Curtin	Betsy Knapp	Bud Morton	Phil Parks
Sam Baumgarten	Pat Everett	Tamara Kramer	Linda Morris	Sue Simmons
Dick Carnes	Paul Everett	Ellen Litt	Elisabeth O'Brien	Jeanne Sullivan
Mary Connolly	Eugene Gallagher	Mim Lombardo		

### 2008 Iron Woman Award

Betsy Knapp  
402.8 race miles

Elizabeth Sheibley  
260.7 race miles

### 2008 Iron Man Award

Eugene Gallagher  
256.93 race miles

### 2008 Consecutive Running Days Award

Betsy Knapp  
101 days

Sue Simmons  
366 Days – 1,798 Days Since 2004

Tom Yellope  
366 Days – 1,350 Miles

### 2008 President's Award

<u>Name</u>	<u>Distance</u>	<u>Time</u>	<u>Name</u>	<u>Distance</u>	<u>Time</u>
Mim Lombardo	5-mile	31:40	Peter Richter	Marathon	2:43:01
	Marathon	3:29:24	Jill Strathdee	5-mile	30:28
Phil Parks	5-mile	28:39		10-k	38:24
	10-k	36:35	Jim Walker	Marathon	3:17:11
	½ Marathon	1:23:19			
	Marathon	2:57:22			

### 2008 Club Records Award

Sue Simmons	Marathon –	Female 50 +	4:32:25	Baystate Marathon
Jill Strathdee	½ Marathon –	Female Open	1:25:50	Boston Run To Remember

### 2008 Grand Prix Series

<u>MALE</u>	<u>29 &amp; Under</u>	<u>30-39</u>	<u>40-49</u>	<u>50-59</u>	<u>Over 60</u>
First Place	Marc Blandin	Frank Neely	Dave Martin	Jim Conley	Sam Baumgarten *tie Dick Carnes *tie
Second Place	John Shuster	Ed Chavez	Stephen Warren *tie Jerry Cuellar *tie	Eugene Gallagher	No award
Third Place	No award	No award	Charlie Morgan	No award	No award
<u>FEMALE</u>	<u>29 &amp; Under</u>	<u>30-39</u>	<u>40-49</u>	<u>50-59</u>	<u>Over 60</u>
First Place	No award	Jill Strathdee	Gail Martin	Mary Connolly	Betsy Knapp
Second Place	No award	Mim Lombardo	Elizabeth Sheibley	Pat Everett	No award
Third Place	No award	No award	Laurene Ellis	Sue Simmons	No award

**2009 DISNEY MARATHON**

**Laurene Ellis**

So, I saw a picture of the new metal and just had to have it.....

The months leading up to the event really taught me the benefits of being a CRR member. I received so much help, encouragement and cheers that no doubt without it I wouldn't have had the confidence to even consider it. I worked my way up to 20 miles 4 weeks before race day. I felt ready when I ran the 20 miler, but by the time I boarded the plane, I wasn't sure anymore. Taking a look back at the obstacles: tendonitis, a bad cold, holidays, bad weather and then burnout I just decided that I wasn't going to be defeated.

I arrived in Florida on Saturday, January 10<sup>th</sup>, joined by friends & family. We stayed 3 ½ miles away from the race start so the commute was great, but we had to be there at 4am. Still cold and very dark, I sat on the concrete with a cup of coffee waiting for start time. I didn't want to tire my legs from standing for 2 hours before I had to run. Over grass and with stadium lighting only, fifteen thousand of us were herded into corrals.

I have to say, Disney really put on a great event. It starts with a big screen introduction with Disney Characters. Flames shoot off of the start line sign and we were off, well walking anyway. Ten minutes later I actually crossed the start line. It was packed for about 3 miles but I was just fine with that. I didn't have a qualifying time to place me closer to the start and my objective was just to finish. There were so many attractions; Disney characters, Florida high school bands, the Disney World Parks, water/snack/medi tables that I didn't realize I was getting tired until I was near mile 20. They say the last 6 miles are the toughest and boy were they right for me. It was amazing, my time went from an 11 minute average pace for the 1<sup>st</sup> 20 miles and the last 6 were so slow and included a good fall, I finished around 5hrs, 16mins. But, I finished and I was thrilled!

All in all, I loved it. The course was mostly flat except when going over highways. The roads were all to us – traffic completely controlled. The spectators were at designated points near the parks. The course went to, in and all around 4 Disney World Theme Parks. I did get a little “wipe out” sickness. Although I rarely eat at fast food places, I was craving protein, so we stopped at Burger King for a couple cheeseburgers and I bounced right back (and a tradition begins). So, would I do it again? Well, before I left, I learned more about the Goofy challenge. This challenge requires you to run the ½ on Saturday, and the full on Sunday & you get 3 medals in all. Forty miles in one weekend? I've got the bug, someday I may just go for it!

**BOSTON MARATHON FUNDRAISING**

We've many members preparing for the Boston Marathon as part of charity teams. We thought we'd ask them to share about what their experience means to them, who they are running for and why they do it. Each charity runner possesses an individual and specific motivation for running, and here are some stories from different members.

*Editor's note: We have attached a complete list of fund raising information and contact information for CRR Members at the end of the Member Contribution Section.*

**LEUKEMIA & LYMPHOMA SOCIETY'S TEAM IN TRAINING**

**Pamela Onges**

There are so many great things about running with TNT. One is the organized runs. We start at the Wellesley Community Center which is mile 15 of the marathon course. We gradually increase the miles we run every week heading along the actual course route. We're able to conquer the infamous Heartbreak Hill many times in the hope that it'll make “the hills” on the actual race day not seem as intimidating.

Also, having coaches who are veterans of running marathons and “Boston specifically” is EXTREMELY helpful. They understand what all of us are “going through”. We are able to consult with them regarding injury prevention, diet and nutrition, running gear, footwear and what to do when an injury arises, etc. They've been there themselves and have great knowledge to share with the entire team.

## DANA FARBER MARATHON CHALLENGE

### Adam Kempner

I am running my first marathon, the Boston Marathon and I'm also running on a charity team, Dana Farber Marathon Challenge Team. I picked Dana Farber because my aunt and father-in law both recently passed from cancer, also my father-in law was treated at Dana Farber and he was very involved in the Jimmy fund while working at National Amusements (Showcase Cinemas). Glenn helped run a Jimmy Fund golf Tournament every year. He was the head purchaser for all cinemas around the world, but he started out as a projectionist. When the Jimmy Fund /Dana Farber used to pass the cans at the movies he met Ted Williams who volunteered with the can drive, so I just wanted to do something that he was very passionate about. My Aunt Sara who lived in Texas fought hard but lost her battle last year. I know she would be very proud that I am running in her memory. She used to live in Natick, MA. and for the marathon my three cousins and uncle are coming from Texas to watch me run, and sit on the stone wall they use to sit and watch the marathon with my aunt, how emotional that will be. Finally I signed up for the patient-partner program where I was paired up with a 5 year old boy named Jack from Whitman who is battling the disease at The Jimmy Fund Clinic in Boston. Training with the DFMC team is special because all 550 members have some type of story like mine, some way cancer has affected their lives. What an honor to do something I love, running while raising vital research money at the same time. To me it is like a celebrity using his fame for something good. I also know as I train through a very hard winter or I am tired at mile 22 on the course, I will remember my pain is temporary and if my Friend Jack can go through chemo, that running 26 miles is the least I can do. He will be at mile 25 at the DFMC tent holding a poster that his family and I are making together at a DFMC event next week, how motivating.

My fundraising has been done through emails, letter campaigns, my website [www.rundfmc.org/adamk2009](http://www.rundfmc.org/adamk2009), with help of Frank Neely putting it in the news letters (thanks again), Facebook campaign, Patriots tailgating bucket at Gillette Stadium, door to door with the twins, poster campaign all over my town, and a charity auction being held MARCH 19<sup>Th</sup> at Nocera's 1165 Park Street in Stoughton 6pm-9pm.

I have been a member of CRR for a couple of years, but the advice all the members have given to me along my road to the marathon I will never forget, to everyone that has donated, I thank-you.

I ran the Boston half marathon on the Dana Farber Team as well, and Geo suggested since we were half way there we should just keep going and run the marathon. Here is my journey. Since then I have bought 2 pairs of shoes, cold weather gear (hadn't run during the winter in years). Rain gear, I am a tech gear geek so I had to get a Garmin. Running the Dreamcatcher with my cousins from North Carolina. Running on sidewalks when you could find them, New Years Day CRR run, drinking a bathtub worth of water a day. Fundraising Saturday, 6 AM runs with Matt and Geo, read a marathon book, getting chased by a pit-bull, get a back injury, chiropractor appointments, detouring to McDonalds for bathroom, running to Geo's house in a snow storm wearing a Santa's hat, run a half marathon distance every weekend, met the DFMC coach Jack Fultz (passed winner of Boston Marathon, running in the dark looking like a Christmas tree with blinking lights, Carbo loading, running Blue Hills with Matt, door to door fundraising with my kids and teaching them about helping others, almost running the Frostbite15k, run (more like climb) the biggest hill ever in Derry, N.H. Meeting new friends. At this point every weekend has been the most distance I ever ran. Massages, detour to construction site to use porta toilet. Run on the course up the famous Heartbreak Hill. Heat packs, read another marathon book, fundraising meetings a Dana Farber, drinking at Boston Beerworks after the meetings, running in the cold looking like a ninja or someone getting ready to rob a bank, Eating Fig Newtons, pretzels M&M's and plenty of Gu while running. Stretching, more fundraising, another massage. Protein smoothies, Got hypnotized for Pamela's charity event. Running the Hyannis Half Marathon and running the last two miles next to Bill Rodgers (awesome). More carbo loading. Running by John Kelly Statue and rubbing his belly for good luck. Getting high fives from all my CRR friends on the course last weekend. I can't wait to get on that bus and take the bus ride to Hopkinton, because it has been a very meaningful and un-forgettable experience thus far, plus the bus has a bathroom. Ha! Ha!

### Geo Balestino

My initial thought in running the Boston Marathon for charity was that it was a great way to give back. Reflecting upon the past five months the experience has been so much more. I am running for the Dana-Farber Cancer Institute, in the memory of my aunt, Mary Maher. She was the person who kept my family together and was that inspirational pillar of strength growing up. Participating in the DFMC group activities and the patient partner program has been extremely rewarding. I am paired up with a 6 year old boy with a brain tumor who has an amazing personality. When I am tired or don't feel like running, needing inspiration, I think of all the treatments, tests and hospital stays this boy has had in his short life. Training for a marathon has been like nothing I have experienced before. It takes dedication, perseverance and mental fortitude to take on the challenge of running a marathon. There are so many different aspects such as mental preparedness, hydration, nutrition, stretching properly and trying to stay injury free in preparation for Marathon day. I

have been fortunate to be able to join my friends, Adam Kempner and Matt Gilman on this journey as well. They have truly inspired me to keep me dedicated to training despite all the aches and almost below zero temperatures. It will be all worth it and a true honor to put that medal around my neck at the finish line.

## **BIG BROTHER BIG SISTER**

### **Chris Miskinis**

I will be running my 25<sup>th</sup> Boston Marathon (22 as a qualified runner) this year. I am raising money for Big Brother Big Sister because my special needs son has had a remarkable relationship with his Big Brother for 15 years, so I know personally what a powerful impact this wonderful organization can have. Despite recovering from back surgery December 1, I've been blessed to be healthy and strong and I have every confidence that I will be able to pull it together mentally and physically to run a great race. I have wonderful memories of my parents meeting me at the finish line in Boston and then of my best fan, my mom witnessing (even in her wheelchair) nearly all of my 44 marathons. As a Personal Trainer, I have the pleasure of training others for the marathon each year and it renews the excitement of training and sharing the glory of the day. Checks may be sent to Big Brother Big Sister of Massachusetts Bay. Note *Miskinis Marathon* in the corner and mail to Susan Keliher, 75 Federal Street, 5<sup>th</sup> Floor, Boston, MA 02110.

## **HOUSE OF POSSIBILTIEIS**

### **Rich Ghiorse & Trish Reilly**

"Rich Ghiorse and Trish Reilly are running this year's Boston Marathon for the House of Possibilities, HOPE. <http://www.houseofpossibilities.org/> HOPE is an on-demand, lifestyle-balance respite for families having children, youth, and young adults with special needs in Massachusetts. It has been a great experience to 'run with purpose'. Through the difficult days of winter training this year, there is always the vision of doing something to support both a worthwhile and local charity. It has made the sub freezing degree temps seem even spring-like at times!

## BOSTON MARATHON FUND RAISING: THE COMPLETE LIST

To the best of our knowledge here's the complete of Colonials who are currently training to run the Boston Marathon as part of a charity team. Please consider supporting them by making a donation in the final weeks of their individual fundraising efforts. If you can't donate, wish them well in the final month of training, and be sure to cheer them on if you see them on the course!

**Chris Aucella**, The Leukemia & Lymphoma Society's Team in Training. Chris is running in memory of his Mom, who passed away from leukemia.

Chris' fundraising page: <http://pages.teamintraining.org/ma/boston09/caucella>

To contact Chris: [spiritof70six@msn.com](mailto:spiritof70six@msn.com)

**Geo Balestino**, Dana Farber Cancer Institute. Geo is running in memory of his aunt Mary, and also two uncles who have lost their battles with cancer.

Geo's fundraising page: <https://www.kintera.org/faf/donorReg/donorPledge.asp?ievent=283893&supId=156542486>

To contact Geo: [gbalestino@msn.com](mailto:gbalestino@msn.com)

**Kaitlyn Brosnan**, Dana Farber Cancer Institute. Kaitlyn is running in honor of her grandmother who receives treatment at Dana Farber.

Kaitlyn's fundraising page: <https://www.kintera.org/faf/donorReg/donorPledge.asp?ievent=283893&supid=241100912>

To contact Kaitlyn: [kaitlynmorrissey16@hotmail.com](mailto:kaitlynmorrissey16@hotmail.com)

**Jerry Cuellar**, American Lung Association. As a former smoker, Jerry is running to help "pay back" for of the healthiest and decisions of his life.

Jerry's fundraising page: <http://www.mrsnv.com/evt/e01/part.jsp?rid=769342&id=2490&acct=8013385142&mid=0>

To contact Jerry: [jerrycuellar@earthlink.net](mailto:jerrycuellar@earthlink.net)

**Rich Ghiorse**, Yawkee House of Possibilities. Rich is teaming with Trish to support the building of this respite home in Easton for families with special needs children.

Rich's fundraising page: <http://www.houseofpossibilities.org/marathon-2009/>

To contact Rich: [Rich.Ghiorse@analog.com](mailto:Rich.Ghiorse@analog.com)

**Adam Kempner**, Dana Farber Cancer Institute. Adam is running in memory of both his aunt and father-in-law, who both recently passed away from cancer.

Adam's fundraising page: <https://www.kintera.org/faf/donorReg/donorPledge.asp?ievent=283893&supid=227070154>

To contact Adam: [T.Kempner@comcast.net](mailto:T.Kempner@comcast.net)

**Chris Miskinis**, Big Brothers and Big Sisters of Massachusetts Bay. Chris is running in support of her son and his Big Brother.

Chris' fundraising page: <https://www.bbbsmb.org/getinvolved/donate/donate.aspx?id=112>

To contact Chris: [miskinis2003@aol.com](mailto:miskinis2003@aol.com)

**Pamela Onges**, The Leukemia & Lymphoma Society's Team in Training. Pam is running in honor of her mother, a 3 year lymphoma survivor.

Pamela's fundraising page: <http://pages.teamintraining.org/ma/boston09/ponges>

To contact Pamela: [gonerunning@comcast.net](mailto:gonerunning@comcast.net)

**Trish Reilly**, Yawkee House of Possibilities, Easton, MA. Trish is teaming with Rich to support the building of this respite home in Easton for families with special needs children.

Trish's fundraising page: <http://www.houseofpossibilities.org/marathon-2009/>

To contact Trish: [preilly888@aol.com](mailto:preilly888@aol.com)


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**Your Business Card Could Be Here**

*As a free service to members, we include business cards in each club newsletter.*

To have your card included in the next issue, e-mail Dave Malliaros (dmalliaros@msn.com).



The American Diabetes Association & Colonial Road

Runners proudly present: **The 7-th Annual**

# Christopher's 5-K Run & Walk for Diabetes

Memorial Day: Monday May 25, 2009

**5-k Run/Walk=11:00AM**

Kids 1/2 Mile Fun Run Start Time = 9:45AM

**West Bridgewater Senior Center-Council On**

**Aging:** 97 West Center Street, W Bridgewater MA 02379

**(Next to the W.Bridgewater Fire Dept.)**



**Course:** The **3.1 mile** race is run on paved roads, along a loop through the scenic town of West Bridgewater. Race starts in front of Friendship Park (Howard Street).

**Kids Run:** 1/2 mile fun run which is **\$5.00** and open to all children 3-12 years old <must have parents permission>. Ribbons for all participants. **MUST OFFICIALLY SIGN UP. Kids Run starts promptly at 9:45am.**

**Entry Fee:** **\$15 Pre-Entry (postmarked by May 4): \$20 after May 4 through race day.**  
Race-day registration: **Kids Run**-8:15-9:30am **5k**-8:00-10:45am **both** at W.Bridgewater Senior Ctr.

**Amenities:**

- **TEE SHIRTS** to FIRST 200 **Pre-Registered 5-k Runners & Walkers**-None for Kids Run – Sorry!
- Professionally Timed with Mile Markers and (1) Water Station on the Course.
- **\$5.00 Discount for Diabetic Participants.** • Post-Race Refreshments.

**Awards:** Trophies for Male and Female Overall and Division Winners.  
*Divisions:0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+(Special Awards for diabetic finishers)*

**Directions:** Route 24 to Exit 16-A(Route-106) Towards West Bridgewater. Follow Route-106 for about 1.6 miles to West Bridgewater Senior Center ~ Council On Aging, which is on the left: 97 West Center Street, West Bridgewater, MA 02379 (next to W.Bridgewater Fire Department).

**Information:** Frank Nelson, (508) 208-5377, email: [ChristophersRun@colonialrunners.org](mailto:ChristophersRun@colonialrunners.org)  
**Online Information -&- Registration:** <http://www.colonialrunners.org/ChristophersRun/>  
*~Net proceeds & donations will benefit The American Diabetes Association~*

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[Please CUT Christopher's 5-K Entry Form on the dotted line and RETURN with APPROPRIATE PAYMENT.]

**\*FEE: \$15 postmarked by May 4, \$20 thereafter, through race day. Race Amount: \$** \_\_\_\_\_  
**\_ YES, I would like to make an additional contribution to the American Diabetes Association. Amount: \$** \_\_\_\_\_  
**\_ KIDS FUN RUN \$5.00 <AGES 3-12> 1/2 MILE - Kid's Run Starts at 9:45am \$5.00 \$** \_\_\_\_\_  
**\_ DISCOUNT OPTION > Diabetic Participants <\$5.00> \_ Type 1 \_ Type 2 \_ Other *DEDUCT:* \$ <\_ - \_ >**

**MAKE CHECKS PAYABLE TO: American Diabetes Association** Total Enclosed: \$ \_\_\_\_\_

**Send to: Frank Nelson, 1701 Plymouth Street, Bridgewater, MA 02324**

**Name (first)** \_\_\_\_\_ **(last)** \_\_\_\_\_

**Diabetic** \_\_\_ **M/F** \_\_\_ **Street** \_\_\_\_\_

**Age on 5/25/09** \_\_\_ **City/Town** \_\_\_\_\_ **State** \_\_\_ **Zip** \_\_\_\_\_

**Telephone** \_\_\_\_\_ **Shirt Size** \_\_\_\_\_ **E-mail** \_\_\_\_\_ **@** \_\_\_\_\_ **.** \_\_\_\_\_

**RELEASE AND WAIVER:** I assume all risks associated with running in this event. In consideration of your accepting this entry, I hereby for myself and my heirs, executors, or administrators, waive and release all rights and claims for damages I may have against the American Diabetes Association, the Colonial Road Runners, the Town of W.Bridgewater, W.Bridgewater Council On Aging, any sponsors, all race officials and volunteers, and any other individuals or organizations associated with this event, for any death, personal injury, or property damage arising from or in the course of my participation in this event.

**SIGNATURE:** \_\_\_\_\_ (Parent/Guardian if Under 18)